The Centers for Medicare & Medicaid Services Division of Tribal Affairs (DTA) serves as the CMS point of contact for Indian health issues. CMS Tribal Affairs partners with the Indian Health Service, Tribes and tribal organizations, urban Indian programs, and other federal agencies to improve access to culturally competent health care for American Indians and Alaska Natives (AI/ANs).

CMS DTA develops informational resources on Medicare, Medicaid, the Children’s Health Insurance Program (CHIP), and the Health Insurance Marketplace. Enrollment helps reduce health disparities and improves health status by providing AI/ANs with greater access to preventive and specialty care. Indian health care providers who enroll their patients in these programs can bill for services provided and these resources can be used to provide additional services to uninsured patients.

If you have questions about CMS programs, contact your CMS Native American Contact (NAC) or email the DTA at tribalaffairs@cms.hhs.gov. For a list of DTA and NAC staff, and their contact information, visit cms.gov/files/document/cms-native-american-contact.pdf.

Taking control of your health helps reduce disparities and results in better health outcomes. This calendar provides health information by topic for each month and links or QR codes (see below) to other sites with resources, planning space for items applicable to your family, and ways to improve your overall health.

Throughout this calendar you’ll notice QR codes at the bottom of each calendar page. These codes are shortcuts to the suggested webpages that provide more information on that month’s topic. To use the QR code, simply open the camera on your smartphone and hold it up to the code, like you were going to take a picture. The camera will read the information and an option will appear on the screen to visit the website. Confirm you wish to open the webpage by tapping the pop-up. If you don’t have a smartphone, you can use the URL, listed below for your convenience.

QR code goes to - cms.gov/files/document/cms-native-american-contact.pdf

The information provided in this calendar is intended only to be general information and is not intended to take the place of the statutes, regulations, or formal policy guidance that it is based upon. This calendar reflects current policy and operations as of the date it was presented. We encourage readers to refer to the applicable statutes, regulations, and other interpretive materials for complete and current information.
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Sports provide opportunities for children to be active, develop physical skills, learn about teamwork, make friends, and improve overall health.

With the Children’s Health Insurance Program (CHIP) on your team, it’s game on, all year long.

Get in the game!

**What CHIP covers**

CHIP benefits are different in each state. But all states provide comprehensive coverage, including:

- Routine checkups
- Immunizations
- Health care provider visits
- Prescriptions
- Inpatient and outpatient hospital care
- Laboratory and X-ray services
- Emergency services

Some states provide additional CHIP benefits.

[QR code goes to healthcare.gov/medicaid-chip/childrens-health-insurance-program]
Members of federally recognized Tribes can enroll in a Marketplace plan any time. Don’t wait for something to happen; protect our youth now. Contact your primary care provider, visit HealthCare.gov or InsureKidsNow.gov, or call 1-800-318-2596 for more information.
Are you school-ready?

Help keep our youth safe by making sure they are vaccinated before school starts. Reach out to your provider about items on your back-to-school checklist.

Use this checklist to fully protect your children in advance of the upcoming school year.

**Immunizations for Children (0–18)**
- Diphtheria, tetanus, and acellular pertussis (DTaP)
- Haemophilus influenzae type b (Hib)
- Hepatitis A
- Hepatitis B
- Inactivated poliovirus (IPV)
- Influenza
- Measles, mumps, and rubella (MMR)
- Pneumococcal conjugate (PCV13)
- Rotavirus
- Varicella (chickenpox)

**Vaccines for Adolescents (11–18)**
- Human papillomavirus (HPV)
- Meningococcal
- Tetanus, diphtheria, and acellular pertussis (Tdap)
- Meningococcal B (for high-risk groups)
- Pneumococcal polysaccharide (for high-risk groups)

QR code goes to cdc.gov/vaccines/schedules/hcp/imz/child-adolescent.html#birth-15
Members of federally recognized Tribes can enroll in a Marketplace plan any time. Don’t wait for something to happen; protect your family now. Contact your primary care provider, visit HealthCare.gov, or call 1-800-318-2596 for more information.
Keep it clean, keep it healthy!

Keep your kitchen safe while making memories over food with your loved ones.

Follow 4 simple steps at home to help protect you and your loved ones from food poisoning.

**Clean:** Wash your hands and kitchen surfaces often
- Germs that cause food poisoning can survive in many places and spread around your kitchen.
- Wash hands for 20 seconds with soap and water before, during, and after food preparation and before eating.
- Wash your utensils, cutting boards, and countertops with hot, soapy water.
- Rinse fresh fruits and vegetables under clean water.

**Separate:** Don’t cross-contaminate
- Raw meat, poultry, seafood, and eggs can spread germs to ready-to-eat foods—unless you keep them separate.
  - Use separate cutting boards and plates for raw meat, poultry, and seafood.
  - When grocery shopping, keep raw meat and their juices away from other foods.
  - Keep raw meats and eggs separate from all other foods in the refrigerator.

**Cook:** Heat to the right temperature
- Food is safely cooked when the internal temperature gets high enough to kill germs that can make you sick. The only way to tell if food is safely cooked is to use a food thermometer. You can’t tell if food is safely cooked by checking its color and texture.
  - Use a food thermometer to ensure foods are cooked to a safe internal temperature. Consult a safe temperature chart to understand the safe internal temperatures for different types of cooked food.

**Chill:** Refrigerate promptly
- Bacteria can multiply rapidly if left at room temperature or in the “danger zone” between 40°F and 140°F. Never leave perishable food out for longer than 2 hours.
  - Keep your refrigerator at 40°F or below and know when to throw food out.
  - Refrigerate perishable food within 2 hours. Food exposed to temperatures above 90°F should be refrigerated within 1 hour.
  - Thaw frozen food safely. Never thaw foods on the counter.
Members of federally recognized Tribes can enroll in a Marketplace plan any time. Don’t wait for something to happen; protect your family now. Contact your primary care provider, visit HealthCare.gov or InsureKidsNow.gov, or call 1-800-318-2596 for more information.

Reminders and Appointments:

- Labor Day (September 3)
- Grandparents Day (October 7)
- Autumn Equinox (October 15)
- Yom Kippur Begins (October 17)

QR code goes to cdc.gov/foodsafety/index.html
StrongHearts Native Helpline is a 24/7 safe, confidential, and anonymous domestic, dating, and sexual violence helpline for Native Americans offering culturally appropriate support and advocacy.

1-844-7NATIVE (762-8483)

QR code goes to strongheartshelpline.org

Even 1 or 2 signs of abusive behavior is a red flag. Common signs of abusive behavior include:

- Telling you that you never do anything right.
- Your partner showing extreme jealousy of time spent away from them or spending time with friends.
- Preventing or discouraging you from spending time with friends, family members, or peers.
- Insulting, demeaning, or shaming you, especially in front of other people.
- Preventing you from making your own decisions, especially about work or school.
- Controlling household finances without discussion, including taking your money or refusing to provide money for necessary expenses.
- Pressuring you to have sex or perform sexual acts you’re not comfortable with.
- Pressuring you to use drugs or alcohol.
- Intimidating you through threatening looks or actions.
- Insulting your parenting or threatening to harm or take away your children or pets.
- Intimidating you with weapons like guns, knives, bats, or mace.
- Destroying your belongings or your home.

Relationships should not hurt. Learn the signs of domestic violence and know that resources are available to help.
### Reminders and Appointments:

Members of federally recognized Tribes can enroll in a Marketplace plan any time. Don’t wait for something to happen; protect your family now. Contact your primary care provider, visit [HealthCare.gov](http://HealthCare.gov), or call 1-800-318-2596 for more information.
Completing a family medical history tree in advance of your next medical appointment and showing it to your provider can help ensure your provider has a clear understanding of your family health history:

QR code goes to bit.ly/cdc_family_health_history

Reconnect with your roots.

Understanding your family health history can help with early detection and prevention of some hereditary medical conditions.
### Reminders and Appointments:

Members of federally recognized Tribes can enroll in a Marketplace plan any time. Don’t wait for something to happen; protect your family now. Contact your primary care provider, visit HealthCare.gov, or call 1-800-318-2596 for more information.
American Indians and Alaska Natives have a higher risk for flu-related complications, like pneumonia or death, than other populations. That’s why the CDC recommends you:

• Get vaccinated against the flu as soon as vaccines are available in your community, especially if you live with or care for someone at high risk for flu-related complications

• Make sure all household members ages 6 months and older are vaccinated against the flu each year

• Be especially proactive in your efforts to ensure high-risk family members—including elders ages 65 years and older, children younger than five years of age, pregnant women, and people of any age with chronic medical conditions—get vaccinated

American Indians and Alaska Natives have the second highest number of flu-related hospitalizations. Be protected; get vaccinated.
December 2023

Flu Vaccination

Members of federally recognized Tribes can enroll in a Marketplace plan any time. Don’t wait for something to happen; protect your family now. Contact your primary care provider, visit HealthCare.gov, or call 1-800-318-2596 for more information.
Start the year off in a healthy way!

Telehealth and virtual care services are available in some areas to help kickstart your health goals from the comfort of – wherever you are!

What are your family’s goals for 2024?

1. Sign up for health care coverage!
2. 
3. 
4. 
5. 
6.
Members of federally recognized Tribes can enroll in a Marketplace plan any time. Don’t wait for something to happen; protect your family now. Contact your primary care provider, visit HealthCare.gov, or call 1-800-318-2596 for more information.

QR code goes to HealthCare.gov

Reminders and Appointments:
Did you know that relationships can influence our health?
Practice gratitude and celebrate the healthy relationships in your life!

Healthy is the new #RelationshipGoal.

Relationships extend beyond intimate partners to family members, friends, and community members. Common characteristics of a healthy relationship could include:

- Trust is at the relationship’s core
- You can communicate clearly with each other
- You can resolve conflicts or come to an understanding
- You appreciate each other
- You respect each other’s culture and values
- You agree to disagree on certain issues
- You encourage each other to go after your goals
- You and your partner hold separate interests
- Boundaries are honored and respected
- You feel happy and supported

QR code goes to bit.ly/health_gov_my_healthfinder
Members of federally recognized Tribes can enroll in a Marketplace plan any time. Don’t wait for something to happen; protect your family now. Contact your primary care provider, visit HealthCare.gov, or call 1-800-318-2596 for more information.
Signs and symptoms of colon cancer:

- Bowel movement changes, such as diarrhea, constipation, or narrowing of the stool, that last longer than a few days
- Feeling as if you need to have a bowel movement, even though you just had one
- Rectal bleeding with bright red blood
- Blood in the stool, which might make the stool look dark brown or black
- Cramping or abdominal pain
- Weakness and fatigue
- Unintended weight loss

Rates of colon cancer are higher among American Indians and Alaska Natives, compared with the non-Native population, and vary by geographic region.

For both men and women, the highest rates are in Alaska.

Rates are also high in the Northern Plains, Alaska, Southern Plains, and Pacific Coast areas.

Regular screening is key to prevention.

If you are age 45 years or older, it may be time to talk with your provider about colorectal (colon) cancer screening.
Members of federally recognized Tribes can enroll in a Marketplace plan any time. Don’t wait for something to happen; protect your family now. Contact your primary care provider, visit HealthCare.gov, or call 1-800-318-2596 for more information.
Autism is beautiful.
Enhance your understanding of autism spectrum disorder (ASD).

Prevalence of Autism:

About 1 in 44 children has been identified with autism spectrum disorder (ASD), according to estimates from CDC’s Autism and Developmental Disabilities Monitoring (ADDM) Network.

ASD occurs in all racial, ethnic, and socioeconomic groups.

ASD is 4 times more common among boys than girls.

QR code goes to cdc.gov/ncbddd/autism/index.html
### April 2024

**Autism Awareness Month**

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**Reminders and Appointments:**

Members of federally recognized Tribes can enroll in a Marketplace plan any time. Don’t wait for something to happen; protect your family now. Contact your primary care provider, visit [HealthCare.gov](http://HealthCare.gov), or call 1-800-318-2596 for more information.
Get out. Get active. Be healthy!

Whether you lift weights, do yoga in your living room, or run the rez, just get going and elevate your overall wellness.

Here are a few ideas to get you active:

- Take a walk (at least 30 minutes each day)
- Do strengthening exercises (at least twice a week)
- Go swimming
- Hike with your family
- Bike through your neighborhood

Physical fitness helps:

- Improve your health
- Reduce the risk of certain cancers
- Maintain your weight
- Improve your quality of life

QR code goes to niddk.nih.gov/health-information/weight-management/tips-get-active
May 2024
Physical Fitness

Reminders and Appointments:

Members of federally recognized Tribes can enroll in a Marketplace plan any time. Don’t wait for something to happen; protect your family now. Contact your primary care provider, visit HealthCare.gov, or call 1-800-318-2596 for more information.
It’s time for self-care. Fathers, uncles, grandfathers, sons, and nephews all deserve a chance to be at their best to protect their loved ones.

Use this checklist to make sure you are getting proper preventive health care:

- Blood pressure screening
- Cholesterol screening
- Colorectal and prostate cancer screening (for men older than 45)
- Depression screening
- Diabetes (type 2) screening (for adults with high blood pressure)
- Diet counseling
- Hepatitis B screening
- Hepatitis C screening (for adults at high risk and those born from 1945–1965)
- HIV screening
- Immunizations
- Lung cancer screening
- Obesity screening and counseling
- Sexually transmitted infection prevention counseling
- Tobacco use screening
- Alcohol misuse screening and counseling

QR code goes to go.cms.gov/menshealthchecklist
Members of federally recognized Tribes can enroll in a Marketplace plan any time. Don’t wait for something to happen; protect your family now. Contact your primary care provider, visit [HealthCare.gov](http://HealthCare.gov), or call 1-800-318-2596 for more information.
Why not do the same with your health? Schedule your wellness visits and never miss a beat.

From round dance to the exhibition dance, you always come prepared.

Stay active and safe this powwow season:

- Stay hydrated! Drink a lot of water
- Bring hand sanitizer, wipes, and paper towels
- Stretch, especially if you plan on dancing
- Encourage attendees to stand up and move around the powwow grounds
- Encourage event organizers to include time for a morning walk or fun run
- Bring healthy snacks (jerky, fruits, vegetables, nuts, etc.)

QR code goes to ready.gov/heat#during
### Reminders and Appointments:

Members of federally recognized Tribes can enroll in a Marketplace plan any time. Don’t wait for something to happen; protect your family now. Contact your primary care provider, visit [HealthCare.gov](http://HealthCare.gov), or call 1-800-318-2596 for more information.
Recovery is good for the community.

Talk with your primary care provider about the resources available to tackle the opioid epidemic.

Questions to ask if you think someone is battling addiction:

- What happens if you don’t take this medicine?
- How long can you go without it?
- Do you need to take more to get the same relief as you did before?
- Are you being honest about how much medicine you take when talking with people close to you?
- When you’re on the medication, are you able to perform well at work or school?
- Have you ever been shocked by how much you want the medicine?
- Do you feel like you crave it?
- Do you feel guilty about using it?
- Have you tried and failed to quit taking the medicine?

Help is closer than you think; find an opioid treatment program near you.

QR code goes to dpt2.samhsa.gov/treatment
## Reminders and Appointments:

Members of federally recognized Tribes can enroll in a Marketplace plan any time. Don’t wait for something to happen; protect your family now. Contact your primary care provider, visit HealthCare.gov, or call 1-800-318-2596 for more information.
Suicide is not my tradition. You could inspire hope and make a difference in your community.

5 Action Steps for Helping Someone in Emotional Pain

ASK
“Are you thinking about hurting yourself?”

KEEP THEM SAFE
Reduce access to lethal items or places.

BE THERE
Listen carefully and acknowledge their feelings.

HELP THEM CONNECT
Save the National Suicide Prevention Lifeline number 988.

STAY CONNECTED
Follow up and stay in touch after a crisis.

QR code goes to samhsa.gov/tribal-ttac/resources/suicide-prevention
Members of federally recognized Tribes can enroll in a Marketplace plan any time. Don’t wait for something to happen; protect your family now. Contact your primary care provider, visit HealthCare.gov, or call 1-800-318-2596 for more information.
Keep an eye out.

Eye health improvement opportunities are in sight.

5 tips to keep your eyes healthy:

1. Eat well
   - Nutrients like omega-3 fatty acids, lutein, zinc, and vitamins C and E might help ward off age-related vision problems like macular degeneration and cataracts.

2. Quit smoking
   - People who smoke are more likely to have cataracts, experience damage to their optic nerve, and develop macular degeneration, among many other medical problems.

3. Use safety eyewear
   - The right pair of shades will help protect your eyes from the sun’s ultraviolet (UV) rays. Too much UV exposure boosts your risk for cataracts and macular degeneration.

4. Look away from the computer screen
   - Too much screen time can cause eyestrain; blurry vision; trouble focusing on items that are far away; dry eyes; headaches; and neck, back, and shoulder pain.

5. Visit your eye doctor regularly
   - A comprehensive eye exam might include:
     - Discussion of your personal and family medical history
     - Vision tests
     - Tests to see how well your eyes work together
     - Eye pressure and optic nerve tests to check for glaucoma
     - External and microscopic examination of your eyes before and after dilation
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**Reminders and Appointments:**

Members of federally recognized Tribes can enroll in a Marketplace plan any time. Don’t wait for something to happen; protect your family now. Contact your primary care provider, visit [HealthCare.gov](http://HealthCare.gov), or call 1-800-318-2596 for more information.

QR code goes to [webmd.com/eye-health/good-eyesight](http://webmd.com/eye-health/good-eyesight)
Open Enrollment.

What better way to end 2024 than to gift yourself with health care coverage?

Use this basic checklist to make sure you have all the information you need to enroll:

- Full legal names and birthdays of everyone who will be enrolled
- Home and/or mailing address
- Social Security Numbers for everyone applying
- Information on how you file taxes
- Employer and income information
- Current coverage information
- Immigration documentation (if applicable)
- Information about the professional helping with the application (if applicable)

QR code goes to healthcare.gov/american-indians-alaska-natives/coverage
Members of federally recognized Tribes can enroll in a Marketplace plan any time. Don’t wait for something to happen; protect your family now. Contact your primary care provider, visit HealthCare.gov, or call 1-800-318-2596 for more information.
Redefine disability. Don't let it define you. Whether you have a physical, learning, intellectual, or other disability, CMS has you covered.

Learn more about disability coverage through CMS and see if you qualify!

- Get more information on Medicare and disabilities
- Find contact information for your state’s Medicaid agency
- See your rights and protections under health care law, including coverage for preexisting conditions, waiving of annual or lifetime coverage limits, and free preventive care
- Find someone in your community who can help you with your Marketplace application and answer your questions. Many navigators and other trained helpers have experience helping people with disabilities
- Contact the Marketplace Call Center. Phone help is available 24 hours a day, 7 days a week at 1-800-318-2596

QR code goes to HealthCare.gov/people-with-disabilities/more-information
Members of federally recognized Tribes can enroll in a Marketplace plan any time. Don’t wait for something to happen; protect your family now. Contact your primary care provider, visit HealthCare.gov, or call 1-800-318-2596 for more information.
The CMS Tribal Affairs website is a resource for American Indians and Alaska Natives (AI/ANs), Tribal organizations, and other federal agencies on Tribal consultation, the Affordable Care Act, All Tribes Calls, the Children’s Health Insurance Program (CHIP), the Long-Term Services & Supports Technical Assistance Center, outreach and education resources, state–Tribal relations, trainings, and how to order Tribal products.

How to Order Tribal Products and Product Listing
go.cms.gov/CMS-Tribal-Products
CMS Tribal Affairs produces outreach and education resources that are available for download from the website or ordered for free from the CMS warehouse on the How to Order Tribal Products page. This link takes you to instructions on how to order CMS Tribal Affairs products.

Health Care Coverage
healthcare.gov
This link is a resource where individuals, families, and small businesses can learn about their health care options, compare health care coverage plans, and enroll in coverage. 1-800-318-2596 (TTY: 1-855-889-4325)

Special Marketplace Protections and Benefits for AI/ANs
healthcare.gov/tribal
This link takes you directly to the healthcare.gov website page that contains specific information for AI/ANs who have certain protections in the Health Insurance Marketplace, such as reduced cost sharing and special enrollment periods

Children’s Health Insurance Program
insurekidsnow.gov
The Children’s Health Insurance Program (CHIP) is a state-federal program offering free or low-cost health coverage for eligible children and other family members. There are special protections for AI/ANs enrolled in CHIP.

Medicaid
medicaid.gov
Medicaid is a state-federal program that offers health care coverage to eligible individuals. There are special protections for AI/ANs enrolled in Medicaid.

Medicare
medicare.gov
Medicare is the federal health care coverage program for people ages 65 or older, certain younger people with disabilities, and people with end-stage renal disease (permanent kidney failure requiring dialysis or a transplant, sometimes called ESRD). Visit the website to learn more or call 1-800-633-4227 (TTY: 1-877-486-2048).

Social Security
socialsecurity.gov
Through the Social Security website, you can replace your Medicare card, change your name and address, learn about Part A and Part B, apply for extra help with Medicare prescription drug costs, ask about premiums, report a death, and more. 1-800-772-1213 (TTY: 1-800-325-0778)